

ABSTRACT OF THE DISCLOSURE

A recordable optical information recording medium having an address  $t$  for each sector, comprises: an area A1 starting from an address  $t_1$  to which access  
5 is made only when a recording apparatus performs recording operation; an area A2 starting from an address  $t_2$  to which access is made either when the recording apparatus performs the recording operation or when the recording apparatus performs reproducing operation; and  
10 an area A3 starting from an address  $t_3$  to which access is made either when either the recording apparatus or a reproducing apparatus performs recording or when either the recording apparatus or the reproducing apparatus performs reproducing. The addresses  $t$  are set  
15 consecutively with respect to a physical arrangement of the sectors in each of the areas A2 and A3, and the area A1 has at least one inconsecutive part at which the addresses  $t$  are not consecutive with respect to the physical arrangement of the sectors.